

LET'S MOVE! Child Care

Fall 2016

A **FREE** workshop for child care providers committed to healthy early care!



At the Let's Move! Child Care training, you will learn about how to incorporate healthy nutrition and physical activity into your child care program. You will complete a self-assessment, receive FREE lesson plans, curriculum materials, handouts, and activity ideas. Start the path to supporting children's healthy development!

Upon completion of these two workshops, you will be ready to guide families and children in your care towards better health through healthy nutrition, increased physical activity, and limited screen time.

Day #1

Saturday, Oct. 8th 9:00 am to 4:00 pm

Day #2

Saturday, Nov. 5th 9:00 am to 4:00 pm

Location:

Whitney Community Center
1609 S Owyhee St, Boise, ID 83705

***Lunch will be provided for on both days.*



Providers must commit to attend the entire training *both* days. Space is limited. Registration deadline is October 3rd. To sign up, visit the Idaho STARS website. For questions, email Kathleen Lucas below.



Visit

idahoaeyc.org



Email

katlucas1@gmail.com

